

Move It 2 Lose It

Week 4 Tips:

Eat foods that melt away flab—

- ~ Eggs have vitamin B12 in the yolk- which helps your **burn fat** and **fight off your urge to binge**.
- ~ Peanut Butter (100% natural) is a great source of magnesium which **powers cells to metabolize energy** efficiently.
- ~ Avocado has 'good' fat that helps **kill cravings**.
- ~ Sirloin burger is 90% lean beef, which takes more energy to digest than fat or carbs.
- ~ Cheese can help your **body burn fat**, so pick a kind that is tangy & creamy to satisfy your palate.
- ~ Pickles are extremely low in calories so you end up **burning more calories digesting them**.
- ~ Green Tea is full of antioxidants (catechins) that **destroy body fat** while giving you a **boost of energy**.
- ~ Yogurt has probiotics which **reduces the amount of fat your body absorbs** (make sure to read the label a choose one without added sugar or other additives) *One good brand is Fage Greek Yogurt 0% Fat (Costco)*
- ~ Quinoa is packed with protein (which your body has to work hard to digest, thus it helps with burning off extra calories).

BURN EXTRA CALORIES:

Tell an **animated story** using lots of hand gestures and **burn 40 calories**.

Take an **extra long shower** and **burn 135 calories**.

Try on **10 different outfits** before going out and **burn 100 calories**.

Go **shopping** for 3 hours and **burn 405 calories**.

Pumpkin Pie Protein Shake

- 2 scoops vanilla protein powder
- 8 ounces light vanilla soy milk
- 1 cup fresh pumpkin
- 1 teaspoon pumpkin pie spice
- 3 – 5 ice cubes

Add soymilk to blender, scoop in protein powder, pumpkin, spice, and ice cubes. Blend until desired consistency is achieved.

EAT THIS SUPERFOOD:

Sunflower Seeds

Yes these seeds have a higher calorie count (100 calories/ 2 Tablespoons), but they are a crunchy, energizing snack!

They are high in vitamin E (which is good for your skin), a good source of protein, and healthy fat. They also offer fiber-rich carbs instead of bad sugars. Sprinkle them on your salads, add them to your trail mix, or eat them plain!

Workout Challenge: Chair In & Outs

- Sit sideways on the edge of an armless chair.
- Lean back, using your ab muscles, and raise your feet up so your knees are almost even with your chin.
- Extend your legs out as far as you can, and pull them back up to starting position.
- Switch sides

Go hard and fast for 20–30 seconds, 4 times, rest between sets.

Beginners: start on the ground instead of the chair

Veggie Pita Pizza*

**Recipe retrieved from Shaklee Corporation*

- ½ whole wheat pita, toasted
- 2 Tablespoons chopped green bell pepper
- 2 Tablespoons chopped onion
- 2 Tablespoons tomato sauce, canned
- 3 mushrooms, cleaned & sliced
- 2 ounces mozzarella cheese, part skim, shredded
- 2 Tablespoons cooked soybeans
- ½ teaspoon grated parmesan cheese

1. Slice whole wheat pita in half. Slightly toast in toaster.
2. Once toasted, top pita with tomato sauce and spread evenly.
3. Sprinkle with the mozzarella cheese, bell pepper, onion, mushrooms, and soybeans.
4. Sprinkle with parmesan cheese and place pita on a cookie sheet
5. Bake in oven for 15 minutes at 375 degrees.

Recipe makes 1 serving

Nutritional Information per serving: **260 calories**

19 g carbohydrates	12 g fat	517 mg sodium
37 mg cholesterol	8 g fiber	